
Parabrahma Pratahsmarana Stotram

ಪರಬ್ರಹ್ಮಪ್ರಾತಃಸ್ಮರಣಸ್ತೋತ್ರಂ ಸಾರ್ಥಂ

Document Information



Text title : parabrahma prAtaH smaraNa

File name : parabrahprMean.itx

Category : suprabhAta, deities_misc, vedanta

Location : doc_deities_misc

Transliterated by : Dhruv Chand

Proofread by : Dhruv Chand, NA

Description-comments : Vishnustutimanjari Vol 2 page 684, BSR 528, page 509, stotrasanchaya page 7

Latest update : 1998, December 8, 2017

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January 22, 2022

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ಪ್ರಾತಃ ಸ್ಮರಾಮಿ ಹೃದಿ ಸಂಸ್ಕರದಾತ್ಮತತ್ತ್ವಂ
ಸಚ್ಚಿತ್ಸುಖಂ ಪರಮಹಂಸಗತಿಂ ತುರೀಯಂ .
ಯತ್ತ್ವಷ್ಟಜಾಗರಸುಷುಪ್ತಿಮವೈತಿ ನಿತ್ಯಂ
ತದ್ಬ್ರಹ್ಮ ನಿಷ್ಕಲಮಹಂ ನ ಚ ಭೂತಸಂಘಃ .. 1..

I remember in the early morning, the self-effulgent
Atma-Tattwa in the heart, which is Existence-Knowledge-Bliss,
which is the goal of the Parmahamsa, which is the fourth state.

I am that Brahman Who is eternal, attributeless,
Who transcends and is superior to the states of waking,
dreaming and sleeping, I am not the sum total of the
elements.

ಪ್ರಾತರ್ಭಜಾಮಿ ಮನಸೋ ವಚಸಾಮಗಮ್ಯಂ var ಮನಸಾ
ವಾಚೋ ವಿಭಾಂತಿ ನಿಖಿಲಾ ಯದನುಗ್ರಹೇಣ .
ಯನ್ಮೇತಿನೇತಿವಚನೈರ್ನಿಗಮಾ ಅವೋಚು-
ಸ್ತಂ ದೇವದೇವಮಜಮಚ್ಯುತಮಾಹುರಗ್ಯಂ .. 2..



I resort in the early morning to that God of gods,
Who is described as the Unborn, the Imperishable, and
the Foremost, Who is beyond the reach of mind and
speech, by Whose grace all speech is illuminated
and Whom the Vedas describe with statements of

"not this, not this."

ಪ್ರಾತರ್ನಮಾಮಿ ತಮಸಃ ಪರಮರ್ಕವರ್ಣಂ
ಪೂರ್ಣಂ ಸನಾತನಪದಂ ಪುರುಷೋತ್ತಮಾಖ್ಯಂ .
ಯಸ್ಮಿನ್ನಿದಂ ಜಗದಶೇಷಮಶೇಷಮೂರ್ತೌ
ರಜ್ಜ್ವಾಂ ಭುಜಂಗಮ ಇವ ಪ್ರತಿಭಾಸಿತಂ ವೈ .. 3.. var ರಜ್ಜೌ

I bow in the early morning to the eternal state

called Purshottama, who is full, beyond darkness,
brilliant like the sun, in whose secondless Being
this entire universe is apparent like the snake in the rope.
ಶ್ಲೋಕತ್ರಯಮಿದಂ ಪುಣ್ಯಂ ಲೋಕತ್ರಯವಿಭೂಷಣಂ .
ಪ್ರಾತಃ ಕಾಲೇ ಪಠೇದ್ಯಸ್ತು ಸ ಗಚ್ಛೇತ್ಪರಮಂ ಪದಂ .. 4..
One who recites these three sacred verses, which are
the ornaments of the three worlds, in the early
morning shall reach the Supreme State.
The first three verses are in vasantatilakA meter,
and the last in anuShTubh.
Encoded by Dhruv Chand

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pdf was typeset on January 22, 2022
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